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For extension numbers and times, click the link
<http://bit.ly/LWR-meetings>

Living with Reality

Who We Are, What We Could Be, How We Get There

Format for Mutual Support Meetings

(The meeting starts with an opening exercise. The meeting host asks who has the opening. This is one example, below.)

Take a deep breath, and let it out slowly. Repeat.

Connect to yourself, letting yourself know how you are feeling physically, emotionally, and spiritually.

Then allow yourself to feel your deep connection to the Source and let the peace and relaxation that comes with that connection to fill you up.

(Pause) Then picture, if you can, the other members of the group and with hands in prayer position, bow to each, feeling their support and willingness to be conscious.

Host: "Who is to be the leader of this meeting?"

(The leader reads):

Welcome

What would we experience if we felt connected to ourselves, connected to others and relaxed into the process of living? The greatest wellbeing possible for ourselves and everyone else on our planet.

Welcome to Living with Reality, a program for those of us who believe that we can heal ourselves and our world through the healing of our relationships – our relationships with ourselves, one another and life itself. We believe that faulty relationships are at the root of much of our fear and pain, and by bringing love and awareness to these relationships, we change ourselves and the collective of which we are a part.

(The leader asks someone to read):

The 12 Steps for Unleashing the Power of the Source on Earth

How can we wake up to divine intelligence? How can we overcome the domination of our fears, our minds and our egos, so that we can be willing to hear The Source ourselves and to hear The Source through one another? What are the steps we need to take to reach beyond our narrow limitations and reach for the sky?

1. Acknowledge that as children, we all had a vision of a better world, a vision that most of us abandoned as unrealistic, unreachable, unachievable.
2. Realize that we have felt overwhelmed and discouraged by the sheer breadth of human dysfunction and its consequences, and that the resultant discouragement, in conjunction with our fear of negative consequences, has caused most of us to give up on our dreams.
3. Reconnect to the vision and regain hope, recognizing that there are not a million problems; there is only one: the current state of human consciousness.
4. Recognize that our consciousness can change.
5. Admit to ourselves that we don't know how to solve our social and personal problems through our minds alone, but we can connect to the higher consciousness capable of helping us all.
6. Commit to changing ourselves so that, individually and collectively, we can learn how to tap into that divine intelligence.
7. Acknowledge that we already know how! Because Source has already guided us.
8. Dedicate ourselves to living with reality in co-creation with The Source in every aspect of our lives.
9. Practice the platforms embodied in Living with Reality even when we don't want to, and embrace the tools we already have, such as the books, programs, tools, techniques and practices of TheInnerRevolution.Org.
10. Commit to utilizing the support systems we have already developed, and co-create more when and where needed.
11. Courageously offer these steps to others, so that we may support the collective to be available to higher wisdom and mutual support.
12. Unleash the power of The Source on this earth, so that, together, we can co-create the world we want.

Is this task too big? Is it too hard to take on the whole of human consciousness? No. Our problem is not that we dreamed too big and failed. We didn't dream big enough. Instead of taking on the whole endeavor of shifting

human consciousness, we shrank back from the challenge, either focusing on our personal lives or small bits of the whole. Economic crisis has forced us to see what has been true all along, that we have been living a collective hallucination, and that we have all suffered on a deep emotional plane. We know we need to live with reality in a higher state of consciousness. Let's do it, and let's teach it. Let's not shrink now.

(Leader asks someone to read):

Why We Need This Program

Most of us want to be happy and more fulfilled, and we have worked hard to overcome the obstacles. Through therapy, 12-step programs and many other modalities, we have tried to fix our “selves,” and we have made great strides in self-awareness.

Yet if we look deeply into our hearts, we see that most all of us are still plagued by pain and fear. If we look at one another and our world, we see the same. Why? While pain and fear are natural and part of life, they are greatly magnified by our disconnection from ourselves, one another and life itself. How are we disconnected?

1. Separation from Others:

Disconnection from others is built into the fabric of our culture. We live in a them/us universe, where fear and domination seem to run the planet – from the interpersonal plane to the political plane. In relation to others, we often feel defensive and fearful. Even in our most intimate relationships, we can feel resentful, dominated or misunderstood. We feel alone and that creates fear.

2. Separation from Ourselves:

Our relationship to ourselves is also disconnected. We think in terms of “fault” and are often critical and judgmental of ourselves. This, in turn, leads to shame. We either beat ourselves up or blame one another in order to avoid that shame. We are also afraid to know what we want, because it might lead us to behaviors that would alienate others. We become afraid to connect to ourselves.

3. Separation from Life Itself:

Again, we feel disconnected. Life is something that either happens to us or that we have to control. We don't know how to relax into our lives. Some of us have felt so deeply damaged by our experience, we fear life itself.

The result of all this disconnection is chronic fear. Our beings are stressed and often hyper-vigilant. We lack the relaxation and trust that come from a deep sense of connection. We use addictive behaviors to try to escape the gnawing anxiety of our lives, but the result is a worsening of our condition. And we are not alone. Our personal problems are not individual; they are collective. They are not failures of “self”; they are failures of relationship.

Disconnection leads to fear; fear leads to stress; chronic stress leads to unwellness in body, mind and spirit. No matter how difficult our circumstances, relaxation helps us achieve the optimal wellbeing possible. But to feel relaxed, we need to feel connected. To feel connected, we need to repair our relationship to ourselves, one another and life.

(Leader asks someone to read):

The Platforms

Living with Reality suggests nine platforms, or habits of thought and behavior that we can practice and internalize. Each platform supports, rather than measures us, and each builds on the ones before. Taken together, these platforms could lead to greater individual and collective wellbeing on the levels of body, mind and spirit.

The Nine Platforms for Becoming Ourselves:

1. **Becoming Oneness**
2. **Becoming Differentiated**
3. **Becoming Co-Creative**
4. **Becoming Mutually Supportive**
5. **Becoming Self-Aware**
6. **Becoming Integrated**
7. **Becoming Accountable**
8. **Becoming Not-Knowing**
9. **Becoming Becoming**

How do these platforms lead to wellbeing? By helping us shift our relationship to ourselves, one another and life itself. They guide us from fear to love; from separation to partnership. Very briefly, here's how the program works.

1. Partnering with Others

First, we internalize the reality that we are one, parts of a greater whole.

Platform One: Becoming Oneness

Then we learn how to individuate without losing our connection.

Platform Two: Becoming Differentiated

Following that, we can appreciate co-creation and how our individual and collective intentions help shape our reality.

Platform Three: Becoming Co-Creative

And finally, we become mutually supportive, co-creating a world in which we can all thrive.

Platform Four: Becoming Mutually Supportive

2. Partnering with Ourselves

Knowing our destructive behavior is not our “fault,” we let go of shame and look realistically and compassionately at the stimulus, reaction and response patterns that we have unconsciously practiced.

Platform Five: Becoming Self-Aware

We stop trying to hide and control the aspects of ourselves we dislike; instead we try to bring them into balance within ourselves. In this way, they no longer dominate us.

Platform Six: Becoming Integrated

As integrated, self-aware beings, we acknowledge our impact on ourselves and one another and are able to consciously change ourselves and the collective of which we are a part. We become co-creators of ourselves and our world.

Platform Seven: Becoming Accountable

3. Partnering with Life

Knowing ourselves, we can let go of the obsessive need to “know” everything else, or at least pretend that we do.

Platform Eight: Becoming Not-Knowing

Life is not external to us. It is the moment-by-moment expression of ourselves, as individuals and as a collective. With a deeper understanding of life, we can relax into the process of living. We become conscious partners of evolution itself.

Platform Nine: Becoming Becoming

Fear and pain are inevitable aspects of life. Health and happiness are not always possible. But while we’re not always able to be at our best emotionally, physically or spiritually, there is an optimal state of wellbeing of which we are capable at any given time.

Achieving greater and greater wellbeing is the purpose of Living with Reality. Bringing love and awareness to all our relationships is the means. And the nine platforms are our tools.

(Leader asks someone to read):

Changing Ourselves; Changing Our World Developing a Collective Practice

Our program is outlined in the book, *Living with Reality: Who We Are, What We Could Be, How We Get There* by Beth Green. The book begins with a discussion of our common fears, pains and habitual responses, and it continues with a detailed roadmap showing us how to change those responses. We consider new paradigms, use the many exercises for self-examination and practice new yet doable habits. The program is both familiar and revolutionary, because it interweaves commonly-held spiritual beliefs in a way that creates a coherent collective practice emphasizing connection, co-creation and relaxation.

Why do we need a collective practice? Because, while I can take the first step, for real change to occur, we must all take steps together. If we are connected, I cannot change all by myself, and neither can you. Two people need to agree to dance; groups need to agree to play ball; and the world needs to agree to change.

Living with Reality can realize its potential only if it is integrated into our collective consciousness. Changing ourselves and our world is a tall order; we have no illusions about that. In fact, it may seem virtually impossible. But sometimes the impossible becomes our only alternative. If we each take accountability for our own part, if we work together to co-create small collectives carrying greater consciousness, if these collectives support one another and reach out to others, we can have an impact.

We are not the only ones committed to these kinds of practices. Throughout the globe, there are people who carry the same or similar visions. We each make a contribution to our own happiness and to the happiness of all. That's an effort worth making, and it's an effort that we can only make together.

(This reading can be optional. Once a group understands this process, it may need to share this reading only when there are new people or when the group has moved off course):

Purpose of Meetings

Our meetings are a place where we share our experiences and progress, and where we feel the support to grow. We laugh together at our lapses of consciousness, and we appreciate the ways in which we have moved forward. At the same time, we create a nucleus into which we can invite other people.

Since our program is based on our book, *Living with Reality*, it is suggested that we start with the beginning of the book and work it through till the end. The book can then be read over and over, because our practice of these platforms is an ever-deepening process, and the group practice strengthens us all.

After the format has been read the host summarizes the part of the book the group has been working on. Then we read a few paragraphs at a time and discuss them. We also answer the questions posed in the book, giving ourselves a chance for self-examination.

At the end of each meeting, each group member chooses homework from the habit or concept we are currently discussing. The homework assignments we take will be discussed in our daily check-in calls for follow-up throughout the week. Remember that the task chosen for homework is to help us observe rather than judge ourselves.

We repeat the same process each week, summarizing what we read last week and then continuing to read and discuss the book and take homework to support our integrating the principles and tools from the book into our daily lives.

As we continue to read, we continue to commit. In this way, *Living with Reality* becomes a part of our everyday consciousness.

Living with Reality is a collective workbook. It helps us change in the direction we want to go. It is a process we need to integrate into ourselves and share with others, so that there is an ever-increasing circle of beings who are practicing these platforms and who are co-creating the world we wish to enjoy.

(The following is not to be read as part of the meeting but used as a reference. There is also a guide for the hosts of meetings appended to the end of this document.)

Tips for Sharing in a Book Study Meeting

Since the major focus of the meeting is reading and integrating the material, principles and tools from the Living with Reality book, our sharing is related to what we're reading from the book. We read a few paragraphs and stop when it feels right and share whatever we are guided to share; how what we just read relates to our lives, what we are learning from this immediate reading, how it changes our perceptions and beliefs.

Take some time before the meeting to review the material from the last meeting and to reflect on your experience with your homework so that you can observe the process of growing and how you are integrating this material into your daily life.

When others are sharing we support them by silently noticing the other person's feelings as well as our own; sharing suggestions for using the tools we have learned in workshops and from the book; and sharing, if it feels right, our own related experiences.

When you choose your homework at the end of the meeting, write it down along with where the reading ended.

(At 10 minutes before the close, the leader reads)

Close

TheInnerRevolution.Org Announcements: Host uses the calendars as posted on the website to announce special events and current workshops.

You can find the current calendars for TheInnerRevolution.Org at www.theinnerrevolution.org.

We encourage contact between meetings to relax more into the process of living through practicing mutual support. Is there anyone on the call that needs contact information for other members of this group?

Thank you all. We appreciate the participation of those here in mind, body and spirit. Let us each take a moment to commit to helping ourselves relax into life by practicing mutual support in our daily lives and bringing higher consciousness to the world in which we live. Here are some of the tools we use:

1. Remembering to connect to the Source and using the “check in” process.
2. Regulating the flow of our energy
3. Participating in daily and weekly mutual support meetings
4. Supporting the TheInnerRevolution.Org in its evolution
6. Following an intuited food plan
7. Joining the Monthly Call to Consciousness Gathering.
8. Listening to Inner Revolutionary TV and Radio.
9. Having individual sessions when needed

For information on workshops and groups, (or if you would like to volunteer for TheInnerRevolution.Org) please go to our website, <http://theinnerrevolution.org>. This is a not-for-profit program that exists entirely through donations; we ask for financial contributions to help fulfill our mission of creating mutual support through our programs. All contributions are tax deductible. Please send donations to TheInnerRevolution.Org in care of our bookkeeper at the address below, or donate via PayPal at <http://theinnerrevolution.org/donate>. Or, you can make monthly automatic deductions from your checking account.

Mailing Address:

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This is a sacred time and space, so please refrain from gossip or criticism about anyone you meet here, and do honor everyone’s anonymity.

(Leader intuits who is to lead the close)

Now will _____ lead us in the closing.

For Further Information

TheInnerRevolution.Org is an organization dedicated to helping us all connect to the Source, so that we may gain strength to fulfill our potential as individuals and as a collective.

For information about TheInnerRevolution.Org, our philosophy, workshops, groups, music, events, articles, tapes and programs, please visit our website: <http://theinnerrevolution.org>. Or, if you prefer, you may call our Co-Director, Helen Hillix-Di Santo, at 760-941-8215.

For information about starting or developing a Living with Reality mutual support meeting, please contact Helen Hillix-Di Santo at 760-941-8215 or email her at helen@theinnerrevolution.org.

For further information and registration in TheInnerRevolution.Org workshops, please contact Mary Chris Horan at marychris@theinnerrevolution.org or (971) 275-6049.

To volunteer your time or a service to TheInnerRevolution.Org please contact Erica Myers at 760-529-2488 or erica@theinnerrevolution.org

This program is a work in process. Please contact TheInnerRevolution.Org for updated versions. Feel free to reproduce and share these writings in their original form. Otherwise, if you reproduce them, kindly indicate that they are the work of Living with Reality, TheInnerRevolution.Org's Mutual Support program. Also please contact us to let us know where you are distributing our material.

As our program grows we hope to foster new hosts and many more meetings. If the following objectives are read and understood by the group then everyone will be able to practice mutual support in this way as well.

Guide for Hosts

As meeting hosts we oversee the flow of the Mutual Support meetings. We may be mentoring new leaders, partnering with experienced leaders or intuitively know we are the leader for that meeting.

- It is the host's responsibility to support the group members to ask themselves who has the opening for the meeting (a guided movement or imagery or prayer).
- We use the TheInnerRevolution.Org check-in process to ask who is to be the leader of the group for this meeting.
- It's important to be on time for the meeting. Ask one of the group members or sub hosts to attend if you can't or know you'll be late.
- Watch the time. For a 1 hour meeting your time may be divided as follows: 50 minutes to do the opening, intuit the leader, read the book and discuss it every few paragraphs and 10 minutes for closing, including choice of homework and announcements. Use the monthly calendar to make TheInnerRevolution.Org announcements. Note: It is important to track where you leave off in the book.
- Notice if everyone has an opportunity to participate. Being asked to read or share can be supportive.
- Manage the background noise on phone meetings, suggesting the use of the mute and un-mute button on your phone.
- Utilize the principles of this program. Notice if discussion has strayed from the material and the principles in the book. Getting back on course may be as simple as bringing attention to a phrase in the book.
- Use and teach the practice of anonymity. Using terms such as wife, boss, son, instead of names increases our objectivity. Borrowing further from the 12 step program, we put "principles before personalities".
- To allow for adequate time to read the book, use conscious intervention to move the meeting along. If someone needs extra time, support them to intuit how they can get that between meetings, such as a separate phone call or a counseling session, remembering to check with The Source.
- Encourage commitment of group members to attend weekly and to let you know if they won't be there. Remind them they can contact any group member for support between meetings and to stay current with the reading.
- If your meeting grows in number you may call for a group decision to address that issue, i.e. divide into two meetings or lengthen the time of your meeting. Please let Helen know of any meeting changes.
- At the beginning of a new call, be sure to read the entire format for several months to familiarize and internalize the concepts. After that, how much of the format to read each week is intuited.
- Be sure that you understand that being part of the host support call is part of the responsibility of every host. It is mutually supportive to participate in this call, as it addresses issues that may affect your group.

One final word: Take a deep breath and relax. These guidelines are offered for your support. You are not under any pressure to run a perfect meeting. Remember that it's a co-creation of everyone there and be sure to get your needs met as one of the participants.